

December 2016

Dear Harrison School Community,

I hope you have a healthy and happy holiday season! This time of year can be challenging, as there are so many enticing foods available to us! Please remember to make good choices! For example, practice moderation in all things! If given the choice between sugary drinks and water, choose water! Also, remember to keep moving over the holidays! Everyone should get at least sixty minutes of exercise a day! It doesn't have to be sixty consecutive minutes!

This year at Harrison we will continue to increase our health initiative! We continue to encourage children and their parents to walk to school; children are able to bike to school; we have daily movement brain breaks in the classrooms and every morning during morning announcements, and monthly movement assemblies led by our very own Mr. Moriello!

Additionally, at Harrison we prohibit using physical activity as punishment. We also prohibit withholding recess and using food as a reward or as a punishment. All foods and beverages served, offered, and sold during the school day and the extended school day meet the USDA's Smart Snacks in School nutrition standards. This information can be found on our school's website.

As a reminder, school facilities are available upon written request to private or public entities for physical activity purposes and other school related events outside of school hours.

Lastly, most of our fundraising efforts sell only non-food items, such as our Scholastic Book Fairs, Popcorn Fundraiser, School Picture Day, and our monthly Uniform-Free Day. As you know, all fundraising efforts benefit our students through field trips and activities such as our visit to Wemrock Farms this past November.

Our goal at Harrison is to improve the health of our school community. Continuing our efforts in creating a healthy and happy environment will help us reach our goal together.

Wishing you a Happy Holiday Season and a Happy New Year!

With Love,
The Harrison School Health Committee